

Days of Mindfulness

30

- 1 Before going to sleep, write down 3 things you have really appreciated from the day today.
- 2 Walk for 10 minutes today, without looking at your phone, focused on your surroundings.
- 3 Without any judgment or criticism, count how many times your mind gets distracted today.
- 4 Every time your phone vibrates or pings today, pause and follow one breath before looking at it.
- 5 Brush your teeth with your non-dominant hand today to help encourage attention.
- 6 De-clutter part of your house or office today, helping the mind to feel calmer and clearer.
- 7 Drink a mindful cup of tea or coffee today, free from other distractions, focused on taste and smell.
- 8 Move email and social media apps to the second page of your phone today.
- 9 Notice the sensation as you change posture today from standing to sitting or sitting to standing.
- 10 Without forcing it, ask someone how they are today and listen to the reply free from opinion.
- 11 Commit to no screen time for 2 hours before bed today, other than playing the sleep exercise.
- 12 Pause for 60 seconds to follow the breath each time you enter and exit the car/bus/train today.
- 13 Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all.
- 14 Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation.
- 15 Rather than text someone today, call them instead and have a proper conversation.
- 16 Check the kids sleeping before going to bed today and follow three of their deep breaths.
- 17 Reset your posture each time you sit down today, gently straightening the back.
- 18 Give heartfelt thanks to someone today who has recently helped you in some way.
- 19 Turn off all notifications on your phone today.
- 20 Eat one meal alone today, without any distractions at all, focusing just on the tastes and smells.
- 21 Take one full breath (both in and out) before pressing send on any email or social post today.
- 22 Commute without music today, just for one day, and see how much more you notice.
- 23 Buy someone a coffee/tea/cake today, for no reason, and without expectation of thanks.
- 24 Get some exercise today, without your phone, and focus on the physical sensations.
- 25 Take 3 x 30 minute breaks from the phone today, set a timer if you need to.
- 26 Take one square of chocolate today and allow it to melt in the mouth, enjoying without chewing.
- 27 Write a handwritten card/letter to a good friend you've not seen for a long time.
- 28 Do something playful, whatever makes you smile or laugh, at least one time today.
- 29 When you get to work, or arrive home today, pause and follow 10 breaths before entering.
- 30 Carry some loose change today and share it with people on the street who need it more.